



THE BATGRAM

VQ-1 FAMILY NEWSLETTER
July 2009

Your Ombudsmen

Michelle Bandini

Theresa Banks

Heather Hopkins

Kara Salka

Important Numbers

Fleet and Family Support
Center
(360)-257-NAVY

TRICARE Appointment Line
1-(800) 404-4506

Provider Advice Line (Medical)
1-(800) 899-5758

Northwest Region MWR
www.navylifepnw.com

Military ONESOURCE (24/7)
1-(800) 342-9647
www.militaryonesource.com

World Watcher Family,
Hope you all had a fantastic 4th of July. It has been a busy month. I would like to welcome the former members of CMO-10 and their families back to VQ-1 and extend my congratulations for a very successful Safe for Flight inspection. First impressions are important, so great job to all of you! I would also like to recognize the hard work and professionalism of our crews on detachment in Qatar, Japan, and Turkey. We have a rich tradition of protecting our fleet and waging war against terrorists all over the globe and I am very proud of each of you. I am especially impressed with our Sailors of the Quarter on page 4 so be sure to congratulate them on a job well done. Communication is critical for any organization, but even more so for a VQ squadron that is deployed all over the world 24/7. I need your help in opening up those lines of communications at all levels of the command. This includes our family members as well, so please check out the information from our Ombudsmen on the next page. I am looking forward to food, fun, and meeting the new families at the command picnic on 20 August so let's hope for nice weather. That's all the room I have for now so I will sign off. Keep up the great work.

Fly...Fight...Lead.

Sincerely,

Skipper Michael "Geo" Giannetti





FROM YOUR OMBUDSMEN

Dear World Watcher Families,

YEAH! Summer is in full swing. Here in Washington we are having one fantastic summer weather wise. Make sure you are using your sun-block and getting outside to soak up all that lovely vitamin D the sun is giving off.

Please do not forget **YOU** have four friendly spouses willing to provide you assistance here in Whidbey if you feel like you are running on empty. They are VQ-1's Ombudsman here to help you with referrals and to act as liaisons between our VQ-1 Families and the Chain of Command.

Please give us a call if we can help you with any Navy problem or family problems you have. We can help by giving you some great contact information regarding your medical benefits, things to do around the area, help with your budgeting, child care, marriage counseling, job hunting and much more.

Please do not hesitate to call or e-mail any one of us.

Michelle Bandini Theresa Banks
Heather Hopkins Kara Salka

VQ1_Ombudsman@yahoo.com

Are you looking for something to do with or without your kids?

Try your local Chamber of Commerce websites:
Oak Harbor: www.oakharborchamber.org
Coupeville: www.centralwhidbeychamber.com
Anacortes: www.anacortes.org

Or our GREAT public libraries:
www.sno-isle.org 1- 877-766-4753 (toll-free)

Important Phone numbers

Fleet and Family Support Center:

Counseling: 360-257-3266

Individual deployment
Assistance: 360-257-8053

FFSC Appointments:
1-866-854-0638

New parent support Group: 360-
257-6778

Personal Financial Management:
360-257-8044

Military One Source:
1-800-342-9647

The American Red Cross:
1-877-272-7337

Naval Hospital Front Desk
Check-in:
360-257-9831

Naval Hospital Appointment
Center:
1-800-404-4506

Commissary:
(360) 257-3110

Gym:
(360) 257-2420

Whidbey Pool:
(360) 675-7665

Child Development Center:
(360) 257-3302



WELCOME BACK MAINTENANCE PROS!



On July 7th, the Disestablishment Ceremony for Consolidated Maintenance Organization TEN was held thus marking the reunification of the maintenance department with VQ-1. CMO-10 was established on 16 May 2008 to provide aircraft maintenance support to Patrol and Reconnaissance squadrons at home and deployed by combining the maintenance departments of Fleet Air Reconnaissance Squadrons ONE and TWO into one integrated maintenance unit. After 14 months as an independent organization, this ceremony marked the separation of the maintenance departments back to their respective squadrons, VQ-1 and VQ-2. Officer and enlisted personnel from both VQ squadrons gathered in their summer whites in Hangar 6 to support the official ceremony.

Commodore Seliga thanked all the maintenance personnel in CMO-10 for the superb job that they had done over the past 14 months in faithfully supporting both squadrons. Skipper Giannetti and all of VQ-1 welcomed all maintainers back into the squadron and looked forward to seeing and working more closely with all former CMO-10 personnel. This reintegration will enable all squadron aircrew, staff, and maintenance to more efficiently accomplish the overall mission of providing and operating mission ready aircraft and weapons systems.

Second Quarter Award Winners!



Sailor of the Quarter

Name: YN2 Pamela Haley
Hometown: Decatur, Mississippi
Time in Service: 12.5 years
Family: Married to Melvin Haley and two children, Xavier-5 and Kyara-9
Favorite Thing About Whidbey: Snow
Favorite Food: Collard greens
Billet: Admin Supervisor, Awards/Travel/Legal clerk, and Sponsor Coordinator

Junior Sailor of the Quarter

Name: YNSN Randolph Farase
Hometown: Vallejo, California
Time in Service: 3.5 years
Favorite Thing About Whidbey: The great outdoors
Favorite Food: Sushi
Billet: Deployed as YN for Southwest Asia Detachment Site



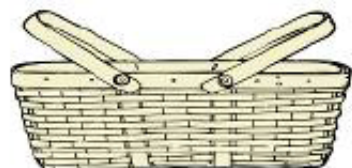
Senior Sailor of the Quarter

Name: YN1 Jason Larue
Hometown: Bay City, Michigan
Time in Service: 14 years
Favorite Thing About Whidbey: The weather
Favorite Food: Italian
Billet: LPO for SSR division and FCPOA Secretary



VQ-1 COMMAND PICNIC!!!

Families are invited to come join the fun, food, and festivities on August 20th at the VQ-1 Command Picnic. Located at scenic Rocky Point Park adjacent to NAS Whidbey Island. Bouncy House, Climbing Wall, and Live Music. Free Food and Beer! Leisure and lawn sport demonstrations by LCDR Bandini.



Directions to Rocky Point:

From HWY20 E/W, turn left/right onto Ault Field Rd. Proceed straight onto Clover Valley Rd.
Right turn on Rocky Point Rd.

VQ-1 Social Calendar

20AUG - Command Picnic, Rocky Point
10/17OCT - Navy Ball TBD
10DEC - Command Christmas Party

Housing Alert!

Base housing just completed the 340 new construction on-base homes and they are completing the renovation of Crescent Harbor Phase III. That means the housing inventory has jumped up by 100 houses in the last couple of months and will continue to grow until December. Currently, there is no waiting list for base housing and there are some great opportunities for base housing that were not available in the past. This applies to sailors just arriving and for those who are currently living in town, but would like to live on base. For Single Sailors that want to live together, Forest City will offer them one of the Whidbey Apartment units. If you are a Geo-Bachelor, you can qualify as well for base housing. See the Forest City housing management office for details.

RENT OR BUY?

Lately there are quite a few BAH eligible Sailors interested in buying, rather than renting a home. That's good news right...well more than 50% of those are E4 and below. Ask yourself the question - - should an Airman, new Petty Officer or newly wedded couple purchase a home or would it be more beneficial for them to rent for a season? FFSC has designed a 1 hour class to answer questions about renting, home buying, insurance, and setting financial goals.

The class will be facilitated by Mr. Richard Chong from NASWI's Housing Office. Mr. Chong is an Assistant Housing Manager, skilled Housing Mediation Specialist and former certified Realtor. This class will be held, 28 July 2009 @ 1300 at the Nor'Wester.

Class Description: Renting a house or an apartment is an excellent choice for military families and single Sailors and offers the flexibility that home ownership doesn't always provide. This workshop will provide unbiased information so prospective military renters will be able to negotiate the potential financial pitfalls they may encounter during the rental process. Topics will include: costs of renting, negotiating the deal, rental inspection, understanding renters insurance and its importance and how to shop for insurance. To register, you may do so www.navylifepnw.com, or call 360-257-6289.

Summer Bullet Points!

SUICIDE PREVENTION. YOU can participate in the 'Safe Talk' program. This program is designed to teach you how to talk to someone who is contemplating suicide. The training is held the 2nd Tuesday of every month from 1pm to 4pm at the Nor-wester. For more information call FFSC at (360) 257-6289

COUPLES WORKSHOP. Ever considered improving your communication skills with your spouse? Try the couples workshop it is held at the base chapel. This program is not religious based and is perfect for the going to be married, newly married and those of us that have been at it for years. The next session is July 29th and 30th (360) 257-2414

YOUTH PHYSICALS. Does your child need a Sports Physical for school? The hospital will be holding mass appointments with fun and games for the kids Saturday July 25th noon to 4pm and August 13th 3pm to 6pm. Contact the hospital for more information (360) 257-9554 The hospital has paperwork for some schools but if you are out of the Oak Harbor area check to see what you need to bring with you.

VEHICLE SAFETY. SLOW DOWN and LOCK YOUR CAR! Words of Wisdom from our MP's. With summer here we have lots of kids out playing in the housing and on base areas. You will get a ticket for speeding through housing and could hurt or kill a child. Keep your eyes open and your foot off the gas. Along with lots of little kids, bikes and scooters we have teens and pre-teens afoot. Our base commander, Captain David, would like to make sure you are not giving away 'free early Christmas gifts' by leaving IPOD, cell phones, CDs, etc sitting in the open and in unlocked cars. The chances of recovering (though the MP's and local police will try) are slim. So lock your car.

FREE EYE EXAM. Did you know active duty dependents can have a free eye exam every year, if you are on Tricare Prime? The hospital is currently understaffed so you are able to 'self-refer' to eye doctors.

TRICARE CONTACT. Do you have ANY questions regarding Tricare Prime or Standard the person to call is Susan Kreps (360) 257-9716 she is retired Navy and has been working with the Tricare system for over 20 years. She has your answers.

MOVIE TIME. Looking for Birthday Party or Kids Summer Party ideas! You can rent the Sky Warrior Theatre (The WHOLE thing) for as little as \$60.00 worth of soda and popcorn! Over 700 movies to choose from and you can bring your cake and balloons! (360) 257-8541

NEED \$6,000? If you are a spouse attending school, getting certificates or professional licenses the Military may have \$6K to help you out the program is called "Military Spouse Career Advancement" call Military One Source to get more information: 1-800-342-9647

Whidbey is the greatest place ever!

Depressed about being stationed in Whidbey?

Always complaining there is nothing to do?

You couldn't be more wrong!!!!

Being stationed at NAS Whidbey Island offers some of the most exciting opportunities both indoor and outdoor for Sailors and their families. Washington state and the surrounding areas showcase some of the most beautiful scenery in the country. Whidbey is within 3 hours or less of three National Parks and innumerable National Monuments, Recreation Areas, and State Parks. This doesn't even include the wonders of British Columbia!

Get out and enjoy some of our beautiful natural surroundings. It doesn't take money to enjoy many of the wondrous places outside your door. Have a picnic in the park, go for a walk along Pioneer way in Oak Harbor or any of the amazing beaches that are just minutes from anywhere you live here. Hang upside down on a jungle gym, swing high in a swing or run down a grassy hill. Just get outside and away from the TV and video games rain or shine, connect with your children or spouse and start enjoying life.

If you need help finding something to do give our MWR office a call. The folks there are fantastic and have lots of ideas and discounts for adventures in the beautiful Pacific Northwest. (360) 257-6429 www.navylifepnw.com

Another place to find fun activities for adults and kids is as always the public library. In our case the Sno-isle library system. They have everything from book clubs for adults and kids to children's reading hours. Sign up for their monthly e-newsletter and plan to have fun and maybe even expand your mind a little this summer.

www.sno-isle.org 1- 877-766-4753 (toll-free)

"The difference between an ordeal and an adventure is your attitude," LT Giannetti (1999). Yes, the name from this quote should ring some bells for you, it is the motto of our Skipper and has been for a few years. This quote sums up a way of life that if adopted can help you have a fantastic life by proving... there is not a bad duty station anywhere in the U.S. Navy! Attitude is the only thing in life you have complete control over. If yours is flagging, get out (rain or shine) go for a walk, have a picnic or just sit in the fresh air and you will begin to feel your spirits lift. Remember your attitude affects your spouse, children and yourself...aim for a good one.

Featured Attraction

North Cascades National Park

Only a short 2 hour drive from Whidbey Island East on HWY 20 lies one of the great treasures of the National Park System. The North Cascades is home to some of the most scenic backcountry and day hikes including 1/3 of the glaciers in the lower 48 states. Many activities including fishing, boating, biking, white water rafting, and hiking are prevalent in the throughout different areas of the Park. Even the drive across the mountain chain on HWY 20 or the Mt Baker HWY is worth the trip.



HIDDEN LAKE- One of the most spectacular views of the North Cascades, hike this trail on a clear day and don't forget your camera! Directions-Take HWY 20E to Marblemount, go straight(East) onto Cascade River road and cross the Skagit River. In 0.7 mile pass the Rockport-Cascade Road on the right. At 9.8 miles, turn left onto Road 1540. At 4.8 miles, 3700 feet, arrive at the trailhead. Hike is 8.5 miles round trip.

CASCADE PASS- An easier walk for non-hikers, this trail culminates at Cascade pass and for the adventurous continue on to the Sahale Glacier. Directions-Take HWY 20E to Marblemount, go straight(East) onto Cascade River road and cross the Skagit River. In 0.7 mile pass the Rockport-Cascade Road on the right. At 16.9 miles, pass the right fork to the Cascade River trails, and curve sharply left toward Cascade Pass. Enter the National Park at 18.3 miles. At 23.5 miles arrive at the large Cascade pass trailhead at road's end, 3600 ft. Hike is 7.4 miles round trip to Cascade Pass and 12.4 miles round trip to Sahale Glacier.



BOATING/FISHING/RIVER RAFTING OPPORTUNITIES- Kayaking, canoeing, and motor boat options are available on Ross Lake, Lake Chelan, and Gorge Lake. Fishing is abundant in the aforementioned lakes for various types salmon, trout, cod, and char. White water rafting is available on the Nooksack, Stehekin, and Skagit Rivers by local outfitters. Check www.nps.gov for more information on your national parks.



SATURDAY MORNING ADVENTURE CLUB

FREE — 9am—1pm — FREE



June 20 School's Out Party

July 18 Kartoon Krazy

August 22 Bubble Xtravaganza

Join us at the Youth Center on the third Saturday each month this summer for some summer fun with special activities planned for Children of Deployers. Arts and crafts, games, pool, air hockey, computer fun and more.



Open to **ALL** elementary aged youth who have successfully completed 2008/9 kindergarten and not yet entered 6th grade.



Children must pre-register in advance.

**Call the Youth Activities Center
@ 360-257-3150.**

 **The
Fleet & Family Support
Program**

NAVY CYP

CHILD AND YOUTH PROGRAMS



Naval Air Station Whidbey Island Fleet & Family Readiness Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Special Events: <ul style="list-style-type: none"> ■ Summer Family Matinee, Youth Center, July 7 & 21 ■ Race Week Party, Crescent Harbor Adventures, July 16 ■ Poker Run and Fly-In, Navy Flying Club, July 25 <p>Visit us online at: www.navylifepnw.com</p>			1 School-Age Care's Swamp Fox Fun Camp Kids' Flight Fitness Crabbing Season Starts Free Golf Lessons	2 School-Age Care's Swamp Fox Fun Camp Oak Harbor's Old-fashioned Fourth of July Celebration Kids' Flight Fitness Ladies' Night at Gallery Golf Course	3 Oak Harbor's Old-fashioned Fourth of July Celebration Kids' Flight Fitness	4 Oak Harbor's Old-fashioned Fourth of July Celebration
5 Oak Harbor's Old-fashioned Fourth of July Celebration	6 Pee Wee Sports Camp School-Age Care's Alligator Alley Camp Kids' Flight Fitness	7 Pee Wee Sports Camp School-Age Care's Alligator Alley Camp Last day for Wiggles Go Bananas tickets (July 17) TRAC Meeting Summer Family Matinee Chocolate Day Trivia	8 Pee Wee Sports Camp School-Age Care's Alligator Alley Camp Beginner Sea Kayaking Kids' Flight Fitness Free Golf Lessons	9 Pee Wee Sports Camp School-Age Care's Alligator Alley Camp Bighorn Sea Kayaking Ladies' Night Gallery Golf CFS Ratooshar How to Interview with Power and Results Liberty Council Meeting Nongolan BBQ	10 Pee Wee Sports Camp School-Age Care's Alligator Alley Camp Kids' Flight Fitness	11 NORPAC Soccer Championship Ala Spit Kayak Tour Arington Fly-In and Hot Air Balloon Night Show (ITT) Mariners vs. Indians Transportation (ITT) Men's Golf Assoc. Event Seattle Film Festival and Pioneer Square Trip
12 NORPAC Soccer Championship Mompoly Tournament Sneak Preview of Harry Potter and the Half-Blood Prince	13 River Kayaking Class Separatee TAP Ombudsman Basic Training School-Age Care's Alligator Alley Camp Get Cookin' Camp Kids' Flight Fitness	14 River Kayaking Class Separatee TAP Ombudsman Basic Trng. Coupler's Communication Creating a Spending Plan to Live on Your Own School-Age Care's Alligator Alley Camp Get Cookin' Camp	15 River Kayaking Class Separatee TAP Ombudsman Basic Trng. Alligator Alley Camp Get Cookin' Camp Kids' Flight Fitness Free Golf Lessons MT, Gummy Worm Day Dirt Dessert Domestic Violence Prevention	16 River Kayaking Class Separatee TAP Ombudsman Basic Training Race Week Party Sponsor Training Job Search Techniques Get Cookin' Camp Stress and Anger Mgt. Alligator Alley Camp Ladies' Night at Gallery Golf	17 River Kayaking Class School-Age Care's Alligator Alley Camp Get Cookin' Camp Kids' Flight Fitness IA Post-Deployment Networking Group Friday Night Outdoor Theater	18 River Kayaking Class Basic Sailing Course Washington Trails Fest 2008 Trip Dixie of Seattle Trip (ITT) Saturday Morning Adventure Club Kartoon Krazy
19 River Kayaking Class Gallery Match Play Tournament Basic Sailing Course	20 Retiree TAP School-Age Care's Bearfootin' Camp Horsin' Around Camp Kids' Flight Fitness Ebey's Landing After-Work Hike	21 Retiree TAP School-Age Care's Bearfootin' Camp Horsin' Around Camp Summer Family Matinee Ombudsman Assembly Guitar Hero Tourney	22 Retiree TAP School-Age Care's Bearfootin' Camp Horsin' Around Camp Positive Parenting Kids' Flight Fitness Free Golf Lessons Family Readiness Group Training	23 Retiree TAP School-Age Care's Bearfootin' Camp Horsin' Around Camp Positive Parenting Ladies' Night at Gallery Golf Course	24 Retiree TAP Bearfootin' Camp Horsin' Around Camp NORPAC Div. I, II, III Softball Kids' Flight Fitness Mariners Navy Night vs. Cleveland Indians Beach Volleyballs (ITT, Aug. 3) Federal Job App. Process	25 NORPAC Div. I, II, III Softball Championships NORPAC Women's Softball Championships M-Bar-C Ranch Volunteer Poker Run and Fly-In
26 NORPAC Div. I, II, III Softball Championships NORPAC Women's Softball Championships RCPMA Chicken and Rib Feed July Birthdays Celebration	27 Senior Retiree TAP School-Age Care's Bearfootin' Camp Kids' Flight Fitness Dutch Oven Cooking Class	28 Senior Retiree TAP School-Age Care's Bearfootin' Camp Command IA Coord. (CIAC) Networking Mtg. Renting and Insurance Money and the Move	29 Senior Retiree TAP School-Age Care's Bearfootin' Camp Beginner Sea Kayaking Flag Football Intramural Org. Meeting Kids' Flight Fitness Free Golf Lessons National Lesagna Day	30 Senior Retiree TAP Bearfootin' Camp Beginner Sea Kayaking Ladies' Night at Gallery Golf Register for Murder Mystery Dinner Train Trip (ITT) How to Interview with Power and Results 101 Fun Things to Do from Whidbey Island WJSSA Family Network Mtg.	31 Junior Leadership Camp School-Age Care's Bearfootin' Camp Kids' Flight Fitness	